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The New Disease;

O R

A Rational Account of the Great

C O L D S

A N D

C O U G H S

Now Raging amongst Us:

S H E W I N G

The true Causes of the said Distempers, and Ap-
proved R E M E D I E S for Their speedy Cure.

T O G E T H E R

With the Author's Solemn Invitation to all that
shall escape those Maladies, to come and Dine with
Him at *Christmas* next.

By J. L. Student in *Physick* and *Astrology*.

^s London Printed for W. T. 1676.

new in London 672

The New Disease;

A Rational Account of the Great

GOLD

AND

COUGHS

Now Prevalent amongst Us:

SHewing

The true Cause of it, the Difference between it and the
Coughs which are sometimes called the Coughs of the Lungs.

TOGETHER

With the Author's Several Inventions to cure it, and
the best Manner of preventing its Return, and the
best Manner of curing it.

By J. A. Smith, in Physics and Anatomy.

London Printed for W. T. 1716.

The Nevv Disease;

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A Rational Account of the Great
Colds and Coughs now raging amongst Us, &c.

Observing *Colds* of late to be a General Affliction where-
with most Persons (especially about this City) are
troubled, and which in Many at this time are far
more Dangerous, and attended with worse Symp-
toms than ever were known heretofore; I could not but think
my self obliged in Pity and Christian Charity towards the Mul-
titudes now Labouring under Them, to give some Physical Ac-
count thereof, with the best and most approved Remedies for
the same, that People may know how to help themselves in time,
and prevent the more mischeivous Consequences; The rather, for
that I do not remember any *Physician* that has Professedly treat-
ed thereof, But generally they over-pass them, as scarce worth
their notice, though tis well known that they are the principal
Cause to which most Diseases have their Original; An over-flow-
ing of Rheum being as destructive in the little World, as an In-
undation of the Sea in the Great; I confess a *Cold* to many,
seems a very Contemptible matter, not fit to trouble a Doctor
with; People generally slight it, but often pay for their Vanity;
They find their Head stuff with crude vapours, and their Breasts
clogg'd with vicious unconcocted Humours, and they cry--- *Tis*
but a Cold; They find their Lungs afflicted and obstructed in
their Functions and Offices, and themselves scarce able to draw
their Breath, and yet--- *Tis but a Cold*; They find a want of
Appetite, and weakness of Digestion, a general Stupefaction of

the Animal Spirits, and faint with *Coughs*, and languish with *Catarrhs*, and sink under *Lethargies*, and lose their Senses in *Aplexies*, yet still----*Tis but a Cold*: In short, their Brain is at last drowned by a deluge of Phlegm, and the Soul is forced to leave the ruinous cottage of the Body, and the Man dyes, and is fairly buried, and still----*Tis but a Cold*; When it may be a little Care, and a Medicine of Three-Half-Pence, might (under God) have preserved him alive till the Year 1700.

And therefore I hope none will think this our friendly Undertaking, Superfluous or Impertinent, nor undervalue it because its presented in a single Sheet; As opiniated Ladies (that have more Money than Discretion) refuse many times wholsom Medicines meerly because they are Cheap, and may be had in their own Gardens;

In all Medicinal Inquiries, the Great Masters of the Art of *Healing*, advise us to begin with the Cause, For *Scire est per Causas Cognoscere*; Now the Causes of these extream Colds that at this time so universally afflict us, are either General, or Particular, Immediate, or Remote; The Immediate or Particular Causes are various according to each Persons occasions and circumstances; The Remote, primary, or general Cause, we are not to look for on this side Heaven, for let Ignorance, or narrow Learning rail at *Astrology* as they list, we are satisfied tis only that Art, can give any tolerable Account of the Reasons of Epidemical, or Endemial Distempers; and why they Rage at such particular seasons more than at other times;

If therefore we lift up our Eyes to that glorious Glass, we shall find in the last Month of *October*, a great number of very rough and threatening Positions; first a Conjunction of *Mars* and *Mercury*, an Opposition of *Mercury* and *Saturn*, a Conjunction of *Mars* and the *Sun*, an Opposition of *Saturn* against both the *Sun*, *Mars* and *Venus*, and a Conjunction of *Venus* and *Mars* all within the space of one Month; From the Consideration whereof, it was very easy (without the least suspicion of *Witchcraft* or *Conjuring*) to Judge and conclude that Mankind would at or about that time, be afflicted with some kind of general Disease or Distemper; The particular kind of which is sufficiently intimated unto us by the Signs through which the opposing Planets make their present Transit, as *Saturn* (the fountain of Cold (as the

Sun is of Heat) and causer of most frigid Diseases) in *Taurus* an Earthly cold Sign, and the *Sun*, *Mars*, *Venus*, and *Mercury* all in *Scorpio*, a Sign Watry and Feminine, Cold and Moist, and of which *J. Gendbury* has affirmed in Print, that it is the most vitious Sign of the *Zodiack Anim. Cornutum*, p. 20. Now is it less evident that *London* more especially, should suffer in its Inhabitants by these extraordinary Colds, since *Jupiter* the only Planet that can lend us any Assistance in this case, is posited in Opposition to the Radical Ascendant of that City.

These are the Celestial reasons of this raging Distemper, for by these rugged and contradicting beams, and unwholsome infrigidating Influences, the Air was not only suddenly altered, and the weather changed from very warm to very cold (as we may remember) but likewise impregnated with certain unseasonable particles, which are no sooner drawn in by the Lungs, but they incorporate with the Serum or watrish part of the Blood, and render it more impure, and thence is generated that vast quantity of Mucus (or Snivel) which we find Nature unloading her self of continually at the nose and other Emunctories; raised and increased by reason that the External cold, unwarily received at some of the Pores, gets up to the brain, and by compressing and overcooling the same, adds still fresh crudities, whence proceed continual distillations of Rheum, which falling upon the Lungs, and *Aspera Arterea* (or windpipe) causes a tickling by the Acrimony and sharpness of the humour, and thence comes the Eructation (or little Earthquake in the Microcosm) which we call a Cough.

For the Prognosticks of this Distemper, we conceive it to be of longer continuance than ordinary, and of a more stubborn and contumacious nature, not yielding to common Remedies, besides people shall be in much danger of Relapses, and at sometimes the Disease shall seem almost wholly vanished, of which mitigation we shall have an instance about the 10th. of *December*, and from thence continue very moderately till Christmas, but afterwards shall spread it self abroad a fresh. This is a common saying, *Prevention is the best Physick*; I know no better way for them to avoid this troublesome companion, than makes a kitchen-stuff pot of your head, and a Limbeck of your nose, than for to keep your self warm, but be sure arm your self against him

Cap a Pe, I mean whatever you do secure your head and your feet, for they are common sally-ports where the enemy enters, keep them therefore warm and dry, a cap will be a good besfellow, and tis better to pay the Shomakers bill than the Apothecaries.

But if the intruder have already by a forcible Entry got Possession of the Tenement of your body, the best way in the world to Eject him is by a sound Swear, to this purpose take a Drachm of *Diascordium*, or two drams of *Mithridate*, or a small quantity, about four Drams of *Martholus* his grand Antidote, or if you please take *Aurum Diaphoreticum*, or *Diaphoretick Antimony*, or what other Sudorifiques (or sweat-provoking Medicines you please) and in sweating whether for this or any other Distemper order your body thus, if you would receive more benefit than harm by it.

Take the Medicine in your bed, and be covered warm, drink often as you lye Posset drink, as hot as you can endure it, sweat an hour or two, if your strength will bear it, then the chamber being kept very warm, thrust your self all but your head, about which (your cap which you sweat in being kept on) wrap a hot napkin, which will be a means to repel the vapours back.

This sweating will turn the humours in your bodies into vapours, and setting open the Pores will ridd you of them without any more to do, or you may make use of the following Syrrup, by which several scores about this City have been perfectly cured, a thing no less excellent in its vertues than cheap and easy to be obtained.

Take a whole head of Garlick the largest you can get, peel the several Cloves, and bind them all up together again, then put it with a quart of running water into some earthen vessel, and stop it up very close with paste, and let it stand in a hot Oven twelve hours, then being took out do not open it till tis quite cold, for if you should, the spirits and vertue would evaporate, then strain out the Garlick and press out as much as you can of the juice, and boil up that liquor that remains with brown sugar canty to the thickness of a Syrrup, and eat thereof as you have occasion, but be sure you keep your self warm after it for it as a great opener of the Pores.

To eat a raw Pippin, is a usual Remedy for a Cold, and I know a Gentleman that commonly Cures himself by drinking of a pint of cold Water

Water when he goes to Bed ; These may seem strange Medicines , but not to those that truly understand the mystery of Sympathy and Antipathy , and that Diseases are cured by their Likes , as well as by their Contraries : It often happens that *Colds* leave ill-favor'd effects behind them in the Body , and fetters with pain and trouble in some particular Member , in such a case you have no more to do , but send to the *Apothecaries* for a little *Unguentum Nervinum* , and it will help you , having restored several even in dead Palsies ; for *Wind* , annoynt your Belly with it ; for want of *Digestion* ; your Stomach ; for the *Cholick* , your Belly ; For whatever Disease in any part of the Body comes of Cold , esteem this Oyntment as a Jewel , and blese *GOD* who hath given Man the knowledg of it .

For a Cough.

First cut the flegm with Syrup of Vinegar , then purge and cleanse the Breast and Lungs , which may be done by giving wine of Antimony , and taking several times after it Diacassia , then comfort the Lungs with Syrupus Succorum , and give Troches Bechice to hold constantly in your mouth , which you may buy at the Apothecaries and carry about you in a paper , and at night take Tincture of Sugar or extract of Elecampane , or Elixar Proprietatis is very useful , the best of which to be had in *London* is prepared and sold by my worthy friend Doctor *Coelson* at the *Royal Oak* on *Tower Hill* , and is very necessary for all families to keep by them , being an excellent Medicine in all kind of colds , as likewise in the Gripping of the Guts and most common diseases .

I might have entertained the Reader with disputing whether these colds now so rise amongst us are not contagious or catching , most Physicians hold they are , which seems confirm'd by experience , in that when they come into a house they usually go quite round the Family , but I have not time to enlarge , only because I would be civil at parting , I care not if I invite all persons gentle and simple , that shall not have a cold since *Michaelmas* to dine with me the day after Christmas day next where they shall be very welcome , and have an Hermetical Banquet , drest by a spagyical Cook , that like (the Ambrosia of the Heavens divinities) shall render all that tast of it immortal .